

Wellness and Well-Being

Emory University School of Medicine is committed to the wellness and well-being of learners, faculty, and staff from diverse backgrounds. This is facilitated through multiple domains which is longitudinal and begins at the start of medical school and extends to graduation. These faculty and student-driven initiatives are in alignment with the EUSOM 's goal on wellness which is to "facilitate system-wide cultural changes to maximize the success and well- being of our patients, learners, and teachers".

While not an exhaustive list, EUSOM supports student wellness including mental and physical health, and financial, environmental, and social well-being. Well-being resources include:

- **Center for Holistic Student Success:** EUSOM student success center focused on mind, body, and spirit of students
- **Relationships and Community:** Emory organizes society social events, and other offerings that help promote a healthy learning environment and a sense of belonging within the community for students.
- **Purpose:** EUSOM helps students develop their professional identity and find meaning within their medical school experience. EUSOM embraces the value of diversity and personal growth and encourages students to pursue their passions (via Discovery, elective and other opportunities).
- **Mental and physical health:** Emory provides counseling and psychological ([CAPS](#)) and student health services ([SHS](#)) for all medical students. EUSOM encourages the practice of meditation, supports the enhancement of the physical environment (such as the [Healthy Emory Sustainable initiatives](#)) and strives to ensure students build their resiliency. EUSOM provides support systems and encourages healthy habits such as allowing students time to go to their doctor's appointments. In addition, Emory is a [Tobacco Free Campus](#). EUSOM provides suggestions to enhance how students organize and manage their lifestyle which can be found in the manual "Academic Success in Emory Medical School".
- **Security:** EUSOM promotes student safety through policies and procedures regarding student mistreatment, harassment, and equal opportunity, and by ensuring a safe environment with the help of Emory's Public Safety Departments. EUSOM helps promote financial security by organizing workshops on debt management and finances throughout the curriculum.
- **Wellness Half-Days:** During the clerkships, students are required to take half-days off with "no questions asked" to engage in any preventative wellness activity. The number of wellness half-days depends on the length of the clerkship.

Other resources include your small group advisors, deans and access to the SOM Wellness and Well-being Committee through your student representative.

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